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Institutional Feeding Managers Stewards-Chefs-Cooks

ATTENTION PLEASE!

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THE PLATE LUNCH FOR CAFETERIA SERVICE

Beginning with this issue, 15 menus will be presented about the second week of each month for Luncheon Specials for industrial workers. These menus are planned to provide about one-third of the day's recommended dietary allowance for a moderately active man. The menus, featuring foods in abundant supply, are planned to utilize the available ration point allowance per meal. The food combinations are selected so that the meals can be sold at a moderate price.

The Menu Pattern

Menus for the luncheon special have been planned to include a protein-rich main dish, potatoes or cereal products like noodles or rice, a green or yellow vegetable or a salad, or a red or white vegetable with a fresh fruit or vegetable salad or relish, bread with butter or margarine fortified with vitamin A, a dessert, and milk.

Size of Portions

It is important that the size of the food portions should be adequate to provide at least 1,000 calories and one-third of the day's nutritive requirements. Therefore, food served on the luncheon special should be apportioned as follows:

<u>Kind of Food</u>	<u>Quantity</u>
Roasted Meats	3 to 3-1/2 ounces, cooked weight
Braised and fried meats.....	4 ounces or more, cooked weight
Fish	4 ounces or more, cooked weight
Eggs	1 or more
Meat extender dishes.....	6 oz.- or more if gravy or sauce included
Meat alternate dishes.....	6 to 8 ounces
Potatoes	4 ounces
Cooked vegetables	3-1/2 to 4 oz. (about 1/2 cup)
Chopped and diced salads.....	4 oz. (about 1/2 cup)
Bread.....	2 slices or more
Puddings.....	4 oz. (about 1/2 cup)
Pies.....	1/6 or 1/7 of 9-inch pie
Cake.....	2-inch square, or the equivalent
Milk.....	8 ounces

(over)

Fitting the Luncheon Special Into the Cafeteria Menu

The Luncheon Special can be fitted readily into the regular cafeteria menu, as for example:

Appetizers and Soup

Tomato juice
Scotch broth and barley

Entrees

Roast Lamb
*Meat pie
Baked beans (Pintos)

Vegetables

Mashed potatoes
*Steamed new potatoes
*Creole cabbage
Green peas
Carrot strips

Salads

Tossed vegetable salad
Jellied fruit salad
Head lettuce salad

Desserts

*Soft custard with sliced oranges
Baked custard
Chocolate cake
Fresh apple pie

Beverages

Coffee
Tea
*Milk

*The starred items on the regular menu are combined into the Luncheon Special as follows:

Meat pie with carrots and onions
Steamed new potatoes
Creole cabbage
Whole-wheat rolls with butter or fortified margarine
Soft custard with sliced oranges
Milk

Using Abundant Foods

The menus given this month feature three foods in abundant supply--cabbage, carrots, and oranges. Cabbage and carrots lend themselves to many uses, both as cooked vegetables and in salads. Oranges not only give a zestful flavor and an attractive color to a meal but contribute vitamin C which is often present in too small amounts in workers' diets.

Menus for the Luncheon Special

- | | |
|--|--|
| 1. Meat pie with carrots and onions <u>1</u> /
Steamed new potatoes
Creole cabbage
Whole wheat rolls with butter
or fortified margarine
Soft custard with diced oranges
Milk | 2. Spanish omelet
Baked potato
Green beans
Enriched bread with butter or
fortified margarine
Frosted cup cake
Milk |
| 3. Braised Lamb Breast
Mashed potatoes
Spinach or other greens
Pickled beets
Whole-wheat bread with butter or
fortified margarine
Deep-dish cherry pie | 4. Baked beans with salt pork
Browned parsnips
Shredded cabbage and carrot salad
Brown bread with butter or for-
tified margarine
Apple Betty
Milk |

1/ Recipe on page 14 of "Making the Most of Meats in Industrial Feeding". For a copy, write the Regional Office of the War Food Administration, Industrial Feeding Section, Room 700, 821 Market Street, San Francisco, 3, California.

5. Baked fish fillets with lemon sauce
Parsleyed potatoes
Broccoli
Enriched rolls w. butter or fortified
margarine
Warm Gingerbread topped with apple butter
Milk
6. Baked Hash
Ovenbrowned potatoes, gravy
Glazed carrots
Enriched bread w. butter or
fortified margarine
Sliced oranges w. shredded
coconut
Milk
7. Lamb fricassee
Steamed rice
Green peas
Head lettuce w. Thousand Island Dr.
Enriched baking powder biscuits w.
butter or fortified margarine
Chocolate ice cream
Milk
8. Braised liver
Scalloped potatoes
Lettuce and tomato salad
Whole Wheat bread with butter
or fortified margarine
Plain cake w. orange filling
Milk
9. Hungarian goulash with noodles
Green beans
Cabbage and green pepper salad
Enriched bread w. butter or fortified
margarine
Baked custard w. maple syrup
Milk
10. Baked lima beans a la creole
w. bacon
Buttered broccoli
Apple, carrot and raisin sal
Whole-wheat bread w. butter
or fortified margarine
Chocolate pudding
Milk
11. Beef tongue with spiced crab-apple
Parsleyed potatoes
Sliced carrots
Enriched rolls w. butter or forti-
fied margarine
Orange rice pudding
Milk
12. Pan fried fish with lemon
Creamed new potatoes
Fresh lima beans
Corn bread w. butter or for-
tified margarine
Blueberry pie
Milk
13. Porcupine meat balls 2/
Hashed brown potatoes
Cooked green cabbage
Enriched bread with butter or forti-
fied margarine
Jellied Fruit
Milk
14. Pot roast of beef w. gravy
Oven-browned potatoes
Parsleyed cauliflower
Sliced orange salad w. endive
Enriched rolls w. butter or
fortified margarine
Strawberry ice cream
Milk
15. Stuffed flank steak
Mashed potatoes
Green vegetable salad
Enriched bread w. butter or
fortified margarine
Applesauce cake
Milk

R E C I P E S

Creole Cabbage

Ingredients

Amounts for 100 Portions

Cabbage, shredded	24 Pounds
Salt	4 ounces
Onions, sliced	2 quarts
Fat	1 pound
Tomatoes, canned	2 gallons
Green peppers, chopped	8 ounces
Cloves, whole	20
Bay leaves	8

Size of portion - 4 ounces

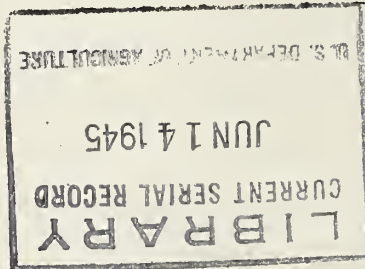
Cook the shredded cabbage in a small amount of boiling salted water until tender. Simmer the sliced onions and chopped peppers in the fat for about 5 minutes, add to the tomatoes and spices and cook an additional 10 minutes. Drain the cabbage, add the tomato sauce and toss lightly together.

Stuffed Flank Steak

Ingredients

Amounts for 100 Portions

Flank Steak	25 pounds
Bread crumbs, dry	4 pounds
Hot water	3 cups
Onions, chopped fine	6 pounds
Eggs	16
Poultry seasoning	1/4 cup
Fat	1 pound
Flour for dredging	1 pound
Salt	4 ounces



Size of portion - 3 ounces of meat

Wipe steak with damp cloth and score.
 Mix bread, water, onions, eggs, and poultry seasoning together.
 Spread stuffing over steak and roll like a jelly roll. Tie securely.
 Dredge the rolled steaks in the salted flour.
 Sear in hot fat, turning frequently until brown on all sides.
 Place in covered baking pan and cook at 350°F. for 1-1/2 hours or until tender.